

Take the four-way view

	Importance	Focus of Attention	Satisfaction 1 = Not at all 10 = Completely	Performance 1 = Poor 10 = Excellent
Work / Career				
Home / Family				
Community / Society				
Self (mind, body, spirit)				
	100%	100%		

Source: Stew Friedman

Resources and Background Reading from Stew Friedman

[Take 5: Wharton Professor Stew Friedman on Four-Way Wins](#)

[Four-way Win: How to Integrate Work, Home, Community and Self](#)

[Reduce Stress by Pursuing Four-Way Wins](#)